

**GALLATIN CITY-COUNTY HEALTH DEPARTMENT  
GROWTH & DEVELOPMENT**

## Seven to Twelve Months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR:
<ul style="list-style-type: none"> <li>· Sits without support</li> <li>· Rises to sitting position.</li> <li>· Creeps &amp;/or crawls.</li> <li>· Claps hands.</li> <li>· Pulls to standing position.</li> <li>· Stands alone.</li> <li>· Cruises around furniture</li> <li>· Uses index finger to poke</li> <li>· Finger-thumb grasp before pincer grasp</li> </ul>	<ul style="list-style-type: none"> <li>· Provide playpen, allow child to pull self to standing</li> <li>· Give opportunity &amp; space to practice creeping &amp; crawling.</li> <li>· Have child practice moving on knees to improve balance prior to walking.</li> <li>· Have child use walker or straddle toys.</li> <li>· Play airplane with child.</li> <li>· Provide with objects such as spoons, plastic bottles, cups, ball, cubes, finger foods, saucepans, &amp; lids.</li> </ul>
LANGUAGE	LANGUAGE
<u>RECEPTIVE</u> <ul style="list-style-type: none"> <li>· Ceases activity when name is pronounced.</li> <li>· Attends to simple commands</li> <li>· Understands more than can express</li> </ul> <u>EXPRESSIVE</u> <ul style="list-style-type: none"> <li>· Imitates speech sounds such as tongue click or cough.</li> <li>· Waves bye-bye by 12 months.</li> <li>· Should have a word which is specific for parents: "mama," "dada", etc.</li> <li>· Should use one other word besides "mama or dada"</li> </ul>	<ul style="list-style-type: none"> <li>· Gain child's attention before giving simple commands.</li> <li>· Talk to child during feeding, bathing, play times.</li> <li>· Provide sounds that child can reproduce, such as lip smacking, animal sounds.</li> <li>· Read to child-picture books.</li> <li>· Have child respond to verbal directions- stand up-sit down.</li> </ul>
BEHAVIOR	BEHAVIOR
<ul style="list-style-type: none"> <li>· Beginning to respond to simple commands, e.g., "pick up the ball." "put the toy in the box."</li> <li>· Increased assertiveness.</li> </ul>	<ul style="list-style-type: none"> <li>· Be realistic in expectations of child</li> <li>· Allow time to conform to request.</li> <li>· Give simple commands, one at a time.</li> <li>· Respond with consistency in enforcing a rule.</li> <li>· Gain child's attention before giving command.</li> <li>· Praise for good behavior.</li> </ul>
PLAY	PLAY
<ul style="list-style-type: none"> <li>· Puts objects in &amp; out of containers.</li> <li>· Examines objects held in hand.</li> <li>· Extends toy to other person without releasing.</li> <li>· Plays interactive games</li> <li>· Works to get a toy which is out of reach.</li> </ul>	<ul style="list-style-type: none"> <li>· Likes peek-a-boo &amp; pat-a-cake.</li> <li>· Give opportunity to place objects in containers &amp; pour out.</li> <li>· Provide large &amp; small objects to play with.</li> </ul>

*Continued on back*

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FEEDING/DENTAL	FEEDING/DENTAL
<ul style="list-style-type: none"> <li>· Holds own bottle.</li> <li>· Drinks from a cup or glass with assistance.</li> <li>· Finger foods.</li> <li>· Beginning to hold spoon.</li> <li>· Triples birth weight by 12 months.</li> <li>· May become a picky eater.</li> </ul>	<ul style="list-style-type: none"> <li>· Wipe off teeth after meals</li> <li>· Bring child in high chair to table &amp; include in a part of or entire meal with family</li> <li>· Encourage self-help in feeding – use finger foods</li> <li>· Work towards 3 meals/day by 12 months</li> <li>· Offer spoon when interest is indicated.</li> <li>· Encourage use of cup with small amount of fluid.</li> <li>· Discontinue pacifiers &amp; bottles after 12 months.</li> </ul>
SLEEP	SLEEP
<p>At night: 12-14 hours Naps: 1 or 2 naps per day (1-4 hours" duration) May begin refusing morning nap.</p>	<ul style="list-style-type: none"> <li>· Short crying periods may be a source of tension release for child.</li> <li>· Observe for signs of fatigue, irritability, or restlessness if naps are shorter.</li> <li>· Provide familiar baby sitter who knows sleep routines.</li> <li>· May need to take familiar object to bed.</li> </ul>
TOILET TRAINING	TOILET TRAINING
<ul style="list-style-type: none"> <li>· Beginning to show regular patterns in bladder &amp; bowel elimination</li> <li>· Has one or two stools a day</li> <li>· Interval of dryness does not exceed one to two hours.</li> </ul>	<ul style="list-style-type: none"> <li>· Watch for clues that indicate the child is wet or soiled.</li> <li>· Be sure to change diapers when wet or soiled so child begins to experience the contrast between wetness &amp; dryness</li> <li>· Generally, toilet training is more successful when started closer to 18-24 months.</li> </ul>
SAFETY: GENERAL SUGGESTIONS	
<ul style="list-style-type: none"> <li>· Always use appropriate car restraints</li> <li>· Prevent falls</li> <li>· Keep small objects, pillows &amp; plastic bags away from baby.</li> <li>· Install smoke detectors in the home.</li> <li>· NEVER shake infant.</li> <li>· NEVER leave infant unattended, especially around pets, young children, or water.</li> <li>· Learn CPR &amp; First Aide for choking.</li> <li>· Instruct baby sitter on safety.</li> <li>· Remove tempting objects.</li> <li>· Remove sources of danger, such as light sockets, protruding pot handles, hanging table covers, sharp objects, hanging cords, poisons.</li> <li>· Keep highchair at least two feet away from working &amp; cooking surfaces in kitchen.</li> <li>· Keep child out of kitchen or bathroom when it is being used.</li> </ul>	

Date: \_\_\_\_\_

Next Visit: \_\_\_\_\_

Notes: